

ORARI GENNAIO 2023

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
8,00 - 9,00	PERSONAL WORKOUT	FUNCTIONAL TRAINING CLASS	PERSONAL WORKOUT	FUNCTIONAL TRAINING CLASS	PERSONAL WORKOUT	PERSONAL WORKOUT
9,00 - 10,00	FUNCTIONAL TRAINING CLASS	PERSONAL WORKOUT	FUNCTIONAL TRAINING CLASS	PERSONAL WORKOUT	FUNCTIONAL TRAINING CLASS	PERSONAL WORKOUT
10,00 - 11,00	PERSONAL WORKOUT		PERSONAL WORKOUT		PERSONAL WORKOUT	FUNCTIONAL TRAINING CLASS
11,00 - 12,00						PERSONAL WORKOUT
13,00 - 14,00		YOGA		YOGA		
13,30 - 14,30	PERSONAL WORKOUT				PERSONAL WORKOUT	
14,00 - 15,00		PERSONAL WORKOUT		PERSONAL WORKOUT		
14,30 - 15,30	PERSONAL WORKOUT		PERSONAL WORKOUT		PERSONAL WORKOUT	
16,30 - 17,30	PERSONAL WORKOUT	PERSONAL WORKOUT	PERSONAL WORKOUT	PERSONAL WORKOUT	PERSONAL WORKOUT	
17,30 - 18,30	PERSONAL WORKOUT	CALIFUNCTIONAL 4 TEENS CLASS	PERSONAL WORKOUT	CALIFUNCTIONAL 4 TEENS CLASS	PERSONAL WORKOUT	
18,30 - 19,30	FUNCTIONAL TRAINING CLASS	CALISTHENICS CLASS (fino alle 20)	FUNCTIONAL TRAINING CLASS	CALISTHENICS CLASS (fino alle 20)	FUNCTIONAL TRAINING CLASS	
19,30 - 20,30	FUNCTIONAL TRAINING CLASS	PERSONAL WORKOUT (dalle 20 alle 21)	FUNCTIONAL TRAINING CLASS	PERSONAL WORKOUT (dalle 20 alle 21)		